



Middle Eastern-Inspired Beef Bowls

with Hummus and Spiced Rice

Quick 25 Minutes



- Ground Beef
- Shawarma Spice Blend
- Hummus
- Sweet Bell Pepper
- Basmati Rice
- Yellow Onion
- Roma Tomato
- White Wine Vinegar
- Garlic Puree
- Mayonnaise
- Parsley



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HELLO SHAWARMA SPICE BLEND
A blend of robust herbs and spices to wake up your taste buds!

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, medium pot, large bowl, small bowl, measuring cups, whisk, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Shawarma Spice Blend	2 tbsp	4 tbsp
Hummus	8 tbsp	16 tbsp
Sweet Bell Pepper	160 g	320 g
Basmati Rice	¾ cup	1 ½ cups
Yellow Onion	113 g	226 g
Roma Tomato	160 g	320 g
White Wine Vinegar	1 tbsp	2 tbsp
Garlic Puree	1 tbsp	2 tbsp
Mayonnaise	2 tbsp	4 tbsp
Parsley	7 g	7 g
Sugar*	¼ tsp	½ tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

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Cook rice

- Peel, then cut **onion** into ¼-inch pieces.
- Heat a medium pot over medium heat.
- When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **half the onions**. Cook, stirring often, until **onions** soften slightly, 1-2 min.
- Add **rice** and **2 tsp Shawarma Spice Blend** (dbl for 4 ppl). Cook, stirring often, until toasted, 2-3 min.
- Add **1 ¼ cups water** (dbl for 4 ppl) and bring to a boil over high.
- Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.



Cook peppers

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tsp oil** (dbl for 4 ppl), then **peppers**. Cook, stirring often, until tender-crisp, 4-5 min.
- Transfer **peppers** to a plate. Set aside.



Prep

- Meanwhile core, then cut **pepper** into ¼-inch pieces.
- Cut **tomatoes** into ¼-inch pieces.
- Roughly chop **parsley**.



Cook beef

- Heat the same pan over medium-high.
- When hot, add **1 tsp oil** (dbl for 4 ppl), then **beef**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.**
- Carefully drain and discard excess fat.
- Add **half the garlic puree, remaining Shawarma Spice Blend, remaining onions** and **2 tbsp water** (dbl for 4 ppl). Season with **salt** and **pepper**. Cook, stirring often, until **onions** soften slightly, 2-3 min.



Marinate tomatoes

- Whisk together **vinegar, 2 tbsp oil** and **¼ tsp sugar** (dbl both for 4 ppl) in a large bowl.
- Add **tomatoes** and **parsley**. Season with **salt** and **pepper**, then toss to combine. Set aside.



Finish and serve

- Stir together **mayo, remaining garlic puree** and **1 tsp water** (dbl for 4 ppl) in a small bowl.
- Fluff **rice** with a fork, then season with **salt** and stir in **peppers**.
- Divide **rice** between bowls. Top with **spiced beef** and **marinated tomatoes**.
- Drizzle **any remaining dressing** from the bowl over **tomatoes**.
- Dollop **hummus** over top, then drizzle **garlic mayo** over everything.

Dinner Solved!